



Wellness Champion

Overview

Wellness Champions facilitate health promotion communication from the Department of Administrative Services and the State of Iowa Healthy Opportunities Steering Committee to employees of the assigned department.

Required Responsibilities:

- Attend a 1-hour Wellness Champion training annually via webcast.
- Receive, open and read monthly health promotion email message from State of Iowa Healthy Opportunities Steering Committee.
- Communicate specified information in a minimum of one venue on a monthly basis to departmental employees. (Examples include posting to department intranet, email to bureau chiefs, posting of flyer to bulletin board, etc)
- Complete wellness surveys no more than quarterly.

Optional Responsibilities

- Implement a department, division, or bureau wellness team.
- Coordinate department brown bag wellness lunches.
- Coordinate a healthy recipe exchange.
- Implement a bureau wellness policy (Example: healthy food policy for meetings).
- Encourage participation of Live Healthy Iowa 100 Day Challenge.
- Submit success stories.
- Report wellness policies implemented.

State of Iowa Healthy Opportunities Steering Committee Responsibilities:

- Coordinate and schedule health promotion webinars and events.
- Develop and distribute monthly email with listing of scheduled health promotion webinars and events.
- Develop and distribute wellness resources and “optional” ideas in monthly email communication.
- Facilitate communication of current wellness information.
- Coordinate Live Healthy Iowa 100 Day Challenge for State of Iowa employees.
- Share success stories and wellness policy ideas with all wellness champions.
- Develop, coordinate and provide wellness champion trainings.
- Compile indicators of success.
- Provide a list of potential speakers for learning lunches